

Self-Reported Obesity Among U.S. Adults in 2012

Definitions

- ❑ **Obesity: Body Mass Index (BMI) of 30 or higher.**
- ❑ **Body Mass Index (BMI): A measure of an adult's weight in relation to his or her height, calculated using the adult's weight in kilograms divided by the square of his or her height in meters.**

Self-Reported Obesity Among U.S. Adults in 2012

Source of the Data

The data were collected through the Behavioral Risk Factor Surveillance System (BRFSS), an ongoing, state-based, telephone interview survey conducted by CDC and state health departments. Height and weight data are self-reported.

<http://www.cdc.gov/obesity/data/adult.html>



Self-Reported Obesity Among U.S. Adults in 2012

BRFSS Methodology Changes Starting in 2011

- ❑ Use of a new sampling frame that includes both landline and cell phone households
- ❑ Use of a new weighting methodology to provide a closer match between the sample and the population

Self-Reported Obesity Among U.S. Adults in 2012

Exclusion Criteria Used Starting in 2011

Records with the following are excluded:

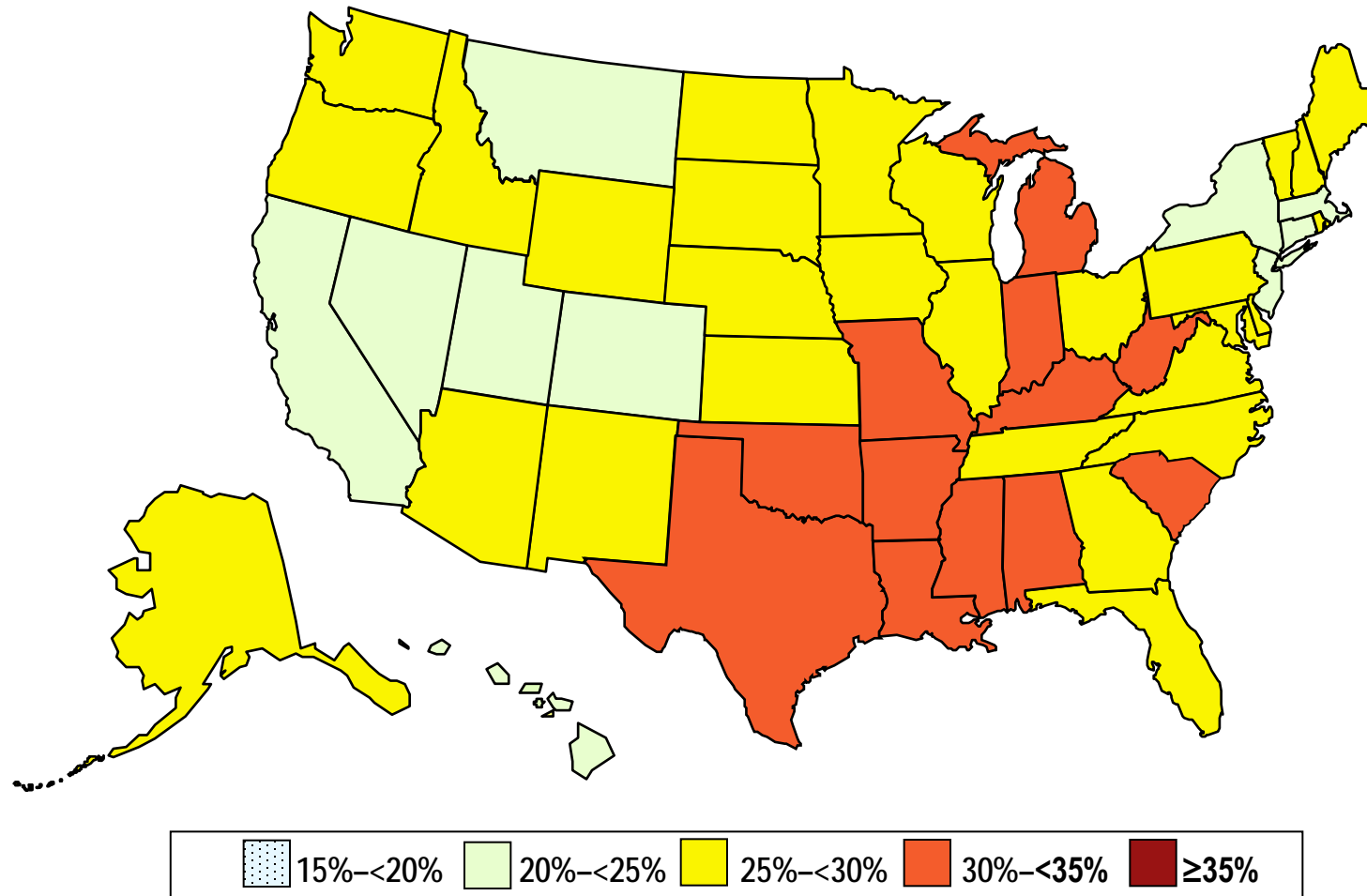
- ❑ Height: <3 feet or ≥ 8 feet
- ❑ Weight: <50 pounds or ≥ 650 pounds
- ❑ BMI: <12 kg/m² or ≥ 100 kg/m²
- ❑ Pregnant women

Self-Reported Obesity Among U.S. Adults in 2012

- ❑ No state had a prevalence of obesity less than 20%.
- ❑ Nine states and the District of Columbia had a prevalence between 20–<25%.
- ❑ Thirteen states (Alabama, Arkansas, Indiana, Iowa, Kentucky, Louisiana, Michigan, Mississippi, Ohio, Oklahoma, South Carolina, Tennessee, and West Virginia) had a prevalence equal to or greater than 30%.

Prevalence* of Self-Reported Obesity Among U.S. Adults BRFSS, 2011

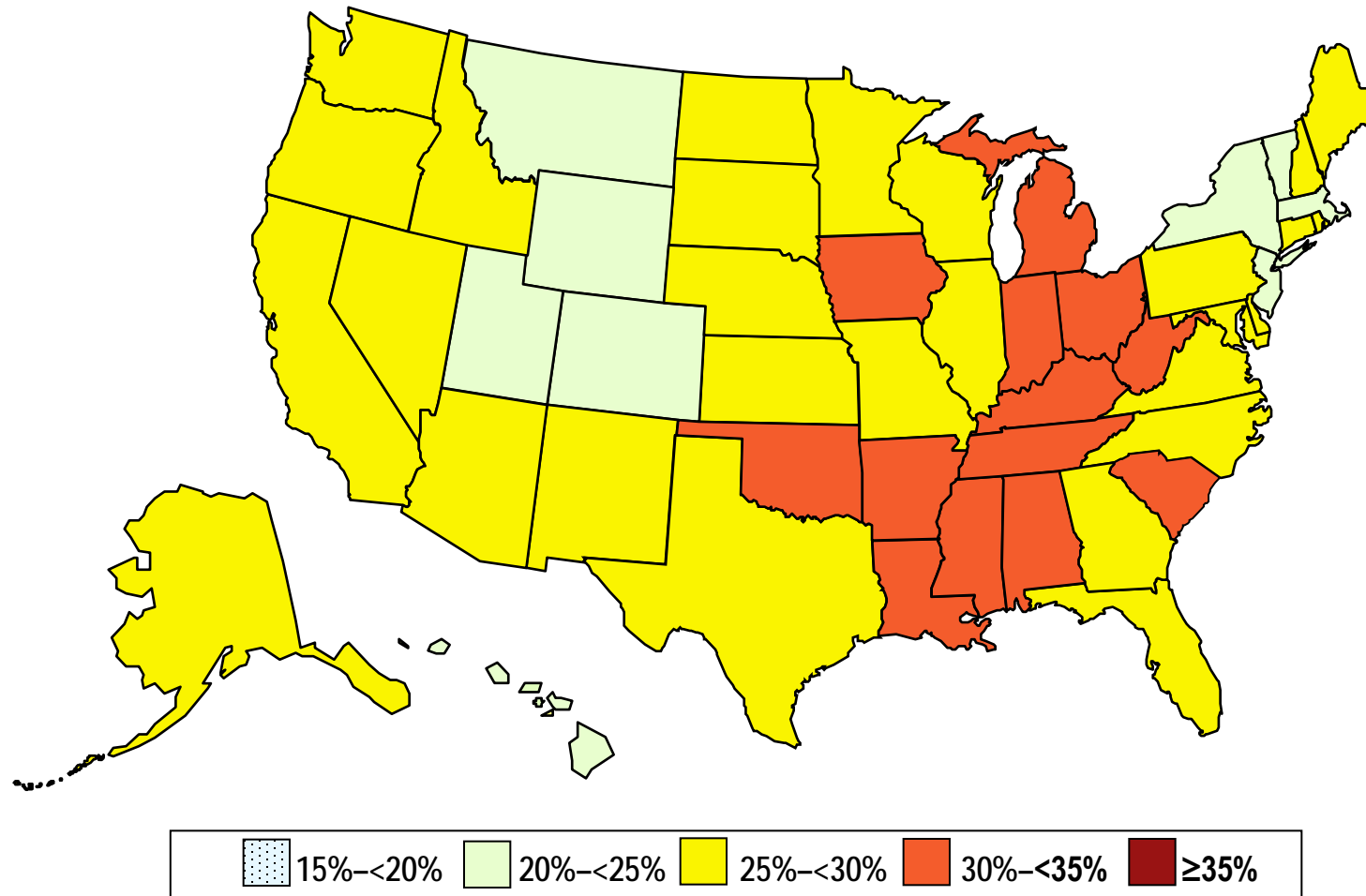
*Prevalence reflects BRFSS methodological changes in 2011, and these estimates should not be compared to previous years.



Prevalence* of Self-Reported Obesity Among U.S. Adults

BRFSS, 2012

*Prevalence reflects BRFSS methodological changes in 2011, and these estimates should not be compared to those before 2011.



Source: Behavioral Risk Factor Surveillance System, CDC.



Prevalence of Self-Reported Obesity Among U.S. Adults

BRFSS, 2012

State	Prevalence	Confidence Interval
Alabama	33.0	(31.5, 34.4)
Alaska	25.7	(23.9, 27.5)
Arizona	26.0	(24.3, 27.8)
Arkansas	34.5	(32.7, 36.4)
California	25.0	(23.9, 26.0)
Colorado	20.5	(19.5, 21.4)
Connecticut	25.6	(24.3, 26.9)
Delaware	26.9	(25.2, 28.6)
District of Columbia	21.9	(19.8, 24.0)
Florida	25.2	(23.6, 26.7)
Georgia	29.1	(27.4, 30.8)
Hawaii	23.6	(22.0, 25.1)
Idaho	26.8	(24.8, 28.8)
Illinois	28.1	(26.4, 29.9)
Indiana	31.4	(30.1, 32.7)
Iowa	30.4	(29.1, 31.8)
Kansas	29.9	(28.7, 31.0)
Kentucky	31.3	(29.9, 32.6)
Louisiana	34.7	(33.1, 36.4)
Maine	28.4	(27.2, 29.5)
Maryland	27.6	(26.3, 28.9)
Massachusetts	22.9	(22.0, 23.8)
Michigan	31.1	(29.8, 32.3)
Minnesota	25.7	(24.7, 26.8)
Mississippi	34.6	(33.0, 36.2)

State	Prevalence	Confidence Interval
Missouri	29.6	(28.0, 31.2)
Montana	24.3	(23.1, 25.5)
Nebraska	28.6	(27.7, 29.6)
Nevada	26.2	(24.3, 28.1)
New Hampshire	27.3	(25.8, 28.8)
New Jersey	24.6	(23.6, 25.6)
New Mexico	27.1	(25.9, 28.3)
New York	23.6	(22.0, 25.1)
North Carolina	29.6	(28.5, 30.7)
North Dakota	29.7	(27.9, 31.4)
Ohio	30.1	(29.0, 31.2)
Oklahoma	32.2	(30.8, 33.6)
Oregon	27.3	(25.7, 29.0)
Pennsylvania	29.1	(28.1, 30.1)
Rhode Island	25.7	(24.1, 27.4)
South Carolina	31.6	(30.4, 32.8)
South Dakota	28.1	(26.5, 29.8)
Tennessee	31.1	(29.6, 32.7)
Texas	29.2	(27.8, 30.5)
Utah	24.3	(23.3, 25.3)
Vermont	23.7	(22.3, 25.1)
Virginia	27.4	(26.0, 28.7)
Washington	26.8	(25.8, 27.8)
West Virginia	33.8	(32.2, 35.4)
Wisconsin	29.7	(27.8, 31.6)
Wyoming	24.6	(22.8, 26.4)

Source: Behavioral Risk Factor Surveillance System, CDC.

Prevalence reflects BRFSS methodological changes in 2011, and these estimates should not be compared to obesity prevalence before 2011.